



The Compassionate Friends

Greater Omaha Chapter

P.O. Box 540852, Omaha, NE 68154

mail@tcfomaha.org (English) or

correo@tcfomaha.org (Spanish)

402-571-4011

www.tcfomaha.org

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Omaha, NE
Permit #1300

The Mission of the Compassionate Friends is to assist families toward the positive resolution of grief following the death of a child of any age and to provide information to help others be supportive.

May/June 2009

Información en Español en pagina 6 / Information in Spanish on Page 6.

Address Service Requested

MEETINGS/REUNIONES

PARENTS, GRANDPARENTS & ADULT SIBLINGS

7:00 p.m. — 1st Thursday of the month

New Cassel Retirement Center

900 N. 90th Street —Auditorium Level 2, Omaha, NE

Additional parking & entrance in back (ring bell on dock)

Thurs May 7 Creating Memorials

Thurs June 4 Mothers/Fathers Speak

Thurs July 2 Vacationing without your child

Thurs Aug 6

Special Birthday Table

Our chapter has a monthly birthday table. If your child's birthday is this month, please bring a photo/memento and share a special memory. You are also welcome to bring your child/sibling's favorite food or birthday cake to share with the group. We hope you will take this opportunity to share your child with us.

REUNION EN ESPAÑOL/MEETING IN SPANISH

7:00 p.m. - 3er miércoles de cada mes/3rd Wed. of every month

One World Community Health Center Conference Room

4920 S. 30th Street, Omaha NE

Kelly 712-326-4308

Mier/Wed. 20 Mayo/May

Mier/Wed. 17 Junio/June

Mier/Wed. 15 Julio/July

Mier/Wed. 19 Ago/Aug

DAYTIME MEETING

Noon — 3rd Tuesday of the month

Tues, May 19 Tish's —1115 S 35 Street, Council Bluffs

Tues, June 16 Tish's -1115 S 35 Street, Council Bluffs

Tues, July 21 Tish's - 1115 S 35 Street, Council Bluffs

Tues, Aug 18 Tish's - 1115 S 35 Street, Council Bluffs

Please send information by June 15, 2009
for the July/August Newsletter

"You don't heal from the
loss because time passes,
you heal because of what
you do with the time."

-Carol Crandall

Newsletter Editor: Kelly Kleckner-Silva
Contact at:
mail@kellykleckner.com or 712-326-4308

Love Gifts · Address Change · Authorization To Print Name & Dates

Mail to: The Compassionate Friends , PO Box 540852, Omaha, NE 68154

Your Name _____

Address _____ Email _____

City _____ State _____ Zip _____ Phone _____

Love Gift Donation of \$ _____ In Memory of _____

DIRECT MY GIFT TOWARD:

- Memorial Programs
- Outreach (Printing, postage, phone, web)
- Angel of Hope Project
- General Fund (90% local/10% national)

Message: _____

I GIVE MY PERMISSION TO PRINT MY CHILD'S NAME, BIRTH & DEATH DATES IN THE NEWSLETTER

Child's Name _____

Birth Date _____ Death Date _____ Your Relationship _____

SIGNATURE REQUIRED

You will no longer receive the newsletter if 2 years have passed since our last contact with you. You may be added back to our list at your request. 2009

IN MEMORY OF BRYNN BABEL
FOREVER IN OUR HEARTS



Beautiful heart pendants have been designed from the Omaha Chapter's worldwide candle lighting votive and given to the chapter for a fundraiser. The sterling silver heart is 3/4". Chain not included. \$40.00

♥ Gifts of Love ♥

Your donations help spread the message of hope and healing. TCF is a 501c3 organization and funded only by donations. Monetary gifts in any amount are deeply appreciated and we gratefully accept these gifts knowing our children are warmly remembered. Chapter expenses include printing, postage, library, yellow pages, and memorial programs.

- ♥ In memory of Daryl L. Catlin by Donald & Linda Catlin
- ♥ In memory of Mary Halley Chrostowski & Cindy Halley by Alvin & Glenda Halley "always and forever in our hearts."
- ♥ In memory of Thomas David Rose by David & Shirley Rose "Happy Birthday"
- ♥ In memory of Daren Michael Bashor by Mark & Susie Bashor "Happy 21st Birthday, We love and miss you."
- ♥ In memory of Bryan Ryder by Mike & Patty Ryder

2009 National Conference in Portland

For more information or to register please go to the National Compassionate Friends website at www.thecompassionatefriends.org .



32nd NATIONAL CONFERENCE
Portland, Oregon
August 7-9, 2009



Second Sunday of May

Many happy memories
Linger in our hearts this day
As we each remember our child
Who has left this earthly plane.
The day is bittersweet for us,
The mothers who have lost so much,
For to remove all pain could well
Erase the precious life we touched.
Tears will trace the memories of
Other, happier Mother's Days,
As we dwell in a quiet reverie
This Second Sunday of May

Annette Mennen Baldwin

In Memory of my son, Todd Mennen

May 2006

TCF, Katy, TX

Words of Encouragement and Inspiration.....

I have read a number of books in the last 4 years, but recently I read an incredible book that I wish I would have read years ago. This will not be a book review; I leave that to my wonderful friend and literary expert Janet Todd. Janet does an awesome job of book reviewing for Compassionate Friends and I often follow her advice and suggestions.

The book I read is *Real Life* by Dr. Phil McGraw. Like him or not, his take on loss and life is a wonderful piece of work. He has devoted one chapter to *Loss-the day your heart was shattered*. It covers loss of many kinds....loss of parents, spouse whether through death or divorce, loss of job, friendship and others. You and I know that none of those that I have mentioned compare to our loss of our children. In fact I would like to quote a few excerpts from his book. "As a bereavement counselor (and psychiatric nurse for more than thirty-five years) Martha Tousley so eloquently puts it, *"Grief is like a long, winding tunnel whose entrance is closed behind you and the only way out is through it"*. I found this to be exactly what I had not been able to put into words.

Dr. Phil talks about grief...how we grieve, how long we grieve, why we grieve, etc. I quote his book when he says, *"The day you face your most personal loss may certainly qualify as one of the loneliest days you will ever experience."* He continues with, *"You may feel completely disconnected from your emotions, and then suddenly, at a seemingly unexpected, ordinary moment, you come unraveled.* These are his remarks regarding the length of grief, *"Again, remember that grief from any loss is not a linear process with a beginning, middle, and definitive end."* *"It stands to reason that loss is one of the steepest hills we're ever going to climb."* He says, *"But the reality is that there is no "normal" way to grieve. We each have our own timeline and reactions."*

On recovery, he suggests, *"But the fact that you recover from a loss doesn't mean you only loved a little. The depth, breadth, and longevity of your grief are not a reflection of how much you cared about the person."* Dr. Phil continues to reflect on our life without our loved one, *"You have your loved one - be it a parent, child, friend, or other relative—inside you. You have that person's spirit and presence in you and your memories. You will learn to "hear" differently. You will learn to relate differently. He would want you to remember him and celebrate all of the days of his life instead of obsessing about the one day when he died."*

Diana Bodnar, David's Mom, TCF Omaha

Happy 21st Birthday Daren

April 19, 2009

To think that you would be turning 21 this year.

So many birthdays have come and gone.

Every time I think it would get easier on your birthday, another special one comes along.

Your family will celebrate this one with thinking of how it would have been when you turned 21.

It's hard to think you would be legal, and your older brother Corey would be able to take you out to the bars.

The day of the week you turned 21 is the same day of the week your brother turned 21.

Both of your birthdays ended up on a Sunday.

Your family will remember all the special times we had with you, and how much you

Loved your birthday and birthday parties.

We are thankful we had the four years with you, and that we have a video of you to watch.

Daren, even though you are not here with us on your 21st birthday, we still can dream and

Think of you on your birthday, and do something special for you that you would have liked.

We love and miss you, especially on this special birthday.

Love your family, Mom, Dad, Corey and Shinead.

**Thank you to the following businesses and professionals who have generously assisted us
in our mission to offer hope to bereaved families.**

New Cassel Retirement Center · One World Community Health Center



It is time to think about our 2009 banner. Once again we will be having members from our group take our banner to Portland Oregon to the National Conference in August. "The walk to remember" will be on Sunday morning and we will walk our children's name through the streets of Portland. If you would like to include your child's name on the banner, please submit this form. Remember even if you registered in 2008, we need your permission and a new form for 2009.

Remember...You do not walk alone. If you cannot donate at this time, please just send us your child's name.

***THIS IS YOUR LAST REMINDER- FOR THE JULY 1 DEADLINE.
PLEASE BE SURE TO SIGN UP YOUR CHILD'S NAME TO BE INCLUDED ON THE 2009 BANNER***

NEBRASKA REMEMBERS BANNER

1. _____ 2. _____

3. _____ 4. _____

Yes, I would like to support the work of the Compassionate Friends Greater Omaha Chapter with a donation of:

\$ _____ (\$10.00, \$25.00, \$50.00 or other amount) Banner fundraising will be used for Outreach.

Deadline: July 1, 2009

Please mail this completed form and contribution to:

**The Compassionate Friends
1334 North Hickory
Wahoo, Ne. 68066**

ANGEL OF HOPE

Thanks to your generosity, we will meet our mission to reach out to others with this project! Your support is deeply appreciated.

Ed & Janice Stepanek---**Liesbeth Hahn** • Lorraine Beaman---**Addie Mixan** • Joan M. Harmon---**Erin Pelster** • Anne & Russell Lloyd---**Shannon Lloyd** • Lee & Debbie Richardson---**Elizabeth Sue Richardson** • Coleen McGriffin & Drew Collier---**Sean Andrew McGriffin Collier** • Larry & Dianne Jung---**Tara Jung** • Julie Pelster---**Steve Brummels** • Bodo & Diane Hirniak---**Heidi Hirniak** • Al & Joyce Schlosser---**Lynette Angers Schlosser** • Carolyn Yates & Peter & Marilyn Starke---**Kelly Marlene** • Steven & Sheri Gilbert---**Erin Pelster** • Ed & Anne Parks---**Erin Pelster** • Lavern & Sally Schrage---**Erin Pelster** • Duane & Debi Haack---**McKenna Winton** • Tom & Mary Lynne Kauffman---**Lindsey Kauffman** • Dick & Jan Rasmussen---Aaron Rasmussen--- • Cindy Giaffogione---**Camden Whitmore** • Mlnarik Family---**Ross Mlnarik** • Steven Ritzman • American National Bank • Grabensteins & Bertuccis---**Brody Petersen** • Mel & Lois Wiens---**Brody Petersen** • Stephen & Susan Blackburn---**Cameron W. Blackburn** • Loren & Rebecca Johnson---**Ashley Hagler** • Cathy & Bill Kruse---Corey Kruse • Tim & Angie Petersen ---Brody Petersen • Joe & Linda Reder---**Denise Dallner** • Cathy & Bill Kruse---**Corey Kruse** • Travis & Jamie Vanderpool---**DJ & Creighton** • Mr & Mrs Elmer Horne---**Elizabeth Richardson** • Alieen Disette---**Denise Dallner** • Tim & Rebecca Disette---**Denise Dallner** • Alex & Karie Disette---**Denise Dallner** • Dorothy Salado---**Brian Salado** • Bart Thune---Jason Thune • Mary Morrow---**Alex Morrow, Jim Morrow, Babies of Koch-Farrell-Daly Families** • Jill & Nicholas Foster---**Hope Olivia Foster** • Drs. David & Jolene Wise---**Erin Pelster and Jessie Wise** • Cliff & Laurie Fleischman---**Jordyn Fleischman** • Robert & Theresa A. Keefe • Frank & Mary Jo Klusmire---**Corey Kruse** • Steve & Elma Nelson---**Sarah Nelson** • Kyle & Jodi Skartvedt---**Kole Skartvedt** • Barbara Falk-Schwede---**Kelly Jean Falk** • Sharon Mack---**Christine Mack** • Richard & Elinor Holquist • Juan & Christine Villarreal---**Chad Nichols** • Robert & Carolyn Erickson---**Laura Erickson** • Jim & Jane Schulte---**Joan & Tim Ostenburg** • Sharon Balters---**Joshua Balters** • Robert & Diana Bodnar---**David Bodnar** • Christine Connor---**Matt Guilfoyle, Jayden Lombardi, Janelle Papillon** • Bill & Joyce Wrich---**W. Dwight Wrich** • Don & Norma Hanrahan---**Sandy Hanrahan** • Dennis & Christine Carroll---**Phyllis & Baby Beckers** • Mark & Cynthia Nelson---**Phyllis & Baby Beckers** • Melody Owen---**Dakota Bauer** • Patricia Bauer---**Dakota Bauer** • Doug & Kathy Hartmann---**Matt Hartmann** • Angie Rittenhouse---**Garret Rittenhouse** • William & Traci Elliott---**Mathew Elliott** • Mary Vogel---**Sarah Vogel** • Mary Jo Fike---**Kelcey Fike, Becky Brewer, Baby Boy Johnson** • Teri Martin---Aiden Irwin • Stacey Martin---Braeden Martin • Roger & Jill Dethlefs---**Cassie Dethlefs** • Kenny & Linda Chollett---**Chad Chollett** • Joe & Ann Wilhelmi---**Kathryn Wilhelmi** • Dennis & Kristy Henn---**Daniel R. Stepanek** • Ed & Janice Stepanek---**Daniel R. Stepanek** • Sean & Traci Wickham---**Samuel Duren Wickham** • Sally & Bert Nielson---**Scoob Nielson** • Paula J. Hall---**Mike B. Antrim** • Thomas & Mary Lynne Kauffman---**Lindsey Kauffman** • Calvin Schwede---**Kelly Jean Falk** • Dan & Cheryl Erker---**Erin Pelster** • Kriss Knutson---**Troy Mitzlaff** • Tom & JoAnn Perkins---**Christine, Kimberly, and Michael Perkins** • Cory Mellor---**Ben Mellor** • John & Joann Smith---**Brian M. Smith** • Roger & Mary Lundberg---**Joey Lundberg** • Dave & Deb Jackson---**Jake Jackson** • John Sullivan---**Rebecca Sullivan** • Beth Pribil---**William Drieling** • Judy Schlingman---**William Xander Schlingman** • Marcus & Tammy Noble---**Jeremy Barowsky** • Mary Carlson---**Gabriel Becker Gerut**

We are 62% of the way to our goal. The project was returned to the architect, and the plan now includes 6 benches and a larger brick area. The footings and brick area of the project will begin in May. The statue will be ordered from the foundry, which will take 3 months. Bricks will be engraved and placed as your orders come in. Donation levels are \$125, \$250, \$1000 and \$3000 and up. For updates, order form, or map of the site, www.tcfomaha.org. Email: Angelofhope@tcfomaha.org 571-4011. A sign has been installed to mark the location of the memorial.

COMPASSIONATE EMPLOYER AWARD

Marriott Global Sales has been recognized by The Compassionate Friends as a recipient of the 2009 Compassionate Employer, and were presented with a plaque on April 16. This year, 141 employers across the country are receiving Compassionate Employer Recognition for going above and beyond the normal policies of most companies in helping an employee after the death of a child. "When a child dies, families begin a grief journey that follows them through all parts of their lives", says Patricia Loder, Executive Director of the Compassionate Friends. We are pleased that Marriott Global is being recognized for providing compassion and understanding that is so vitally needed in the bereavement process to Joann Smith. John & Jo Ann's son Brian was 20 years old when he died suddenly from an undiagnosed heart condition in 2008. He was on a University of Nebraska research trip in San Juan, Puerto Rico at the time of his death. John and Jo Ann are grateful for the on-going support from all the people at TCF.

FATHER'S DAY - Two Perspectives

I am not a young man, and I thought I knew the meaning of pain. I have experienced pain from a toothache, arthritis, and even the loss of relatives and friends.

But nothing in my fifty-four years had prepared me for the pain I experienced when we lost our son. Before, I had no clue to real pain.

I think only a bereaved parent knows the true meaning of loss. My mother said to me at my brother's funeral, "Now I know how you feel."

Even though she had lost a grandson, it was not the same.

It has been almost five years now, and there hasn't been a day go by that I don't see his picture or think of him and feel that pain. Pain for what we lost ...and for what he lost. That pain is not as intense now. I have learned to tolerate it and still lead a "normal" life. The Compassionate Friends helped me to realize that I was not alone and that there were many others who felt that same pain. They helped me learn how to deal with it. Now it is my turn to help someone else.

Harold F. Underwood, TCF,

Southern Maryland

Español/Spanish

Esta hoja informativa es para todos nosotros. Si, Ud. tiene un niño o conoce a un niño que falleció y quiere compartir un poema o algo que escribio.

Porfavor enviarlo a la direccion:

correo@tcfomaha.org

Credo de Los Amigos Compasivos

No tenemos que caminar solos. Somos Los Amigos Compasivos. Nosotros tendemos las manos mutuamente con amor, con comprensión y con esperanza. Nuestros hijos han fallecido de todas las edades y por distintas causas, pero el amor por nuestros hijos nos une. Tu dolor es mi dolor, igual que tu esperanza se convierte en mi esperanza.

Venimos de todos los caminos de la vida y desde distintas circunstancias. Somos una familia única porque representamos muchas razas y credos. Somos de todas las edades. Algunos de nosotros han procesado su pena, pero otros todavía sienten el dolor tan reciente e intensamente fuerte que nos sentimos desvalidos y sin esperanzas.

Algunos de nosotros estamos luchando por conseguir contestaciones. Algunos sentimos coraje, culpa o depresión intensa; otros irradian una paz interna, pero cualquier dolor que traemos a esta actividad de Los Amigos Compasivos, es el dolor que compartimos según compartimos el amor por nuestros hijos con cada uno de nosotros.

Estamos buscando y luchando para divisar un futuro para nosotros, pero estamos comprometidos a edificar un futuro juntos, según tendemos las manos a cada uno con amor y compartimos el dolor al igual que las alegrías, compartimos el coraje al igual que la paz, compartimos la fe al igual que las dudas y nos ayudamos mutuamente a compartir la Pena y Crecer.

No tenemos que Caminar Solos, Somos Los Amigos Compasivos.

Book Review

Spring is upon us & many are taking to the outdoors to walk & enjoy being outside again after the cold winter months. The exercise is both relaxing and necessary for our well being. For those cloaked in grief, this undertaking, although difficult, is important. The exercise not only aids our physical health, but also our mental health.

In her book, *Grief Steps*, Brook Noel outlines the emotional steps of grief. These are laid out in somewhat different fashion from what I have seen in other books. The "steps" are actually expanded upon to offer a clearer picture of our journey through what many of us would rather have avoided: grief. This book is a working book, as it details practical exercises to help you work through grief and the many aspects it entails. Journaling or writing about your thoughts, feelings and experiences is encouraged as it has been found to be a valid marker in helping one heal. A workbook is also available.

The 10 steps offered by the author are the following:

- Shock & Survival
- Emotional Rollercoaster
- Active Grieving & Acknowledgment
- Understanding Your Story
- Finding Forgiveness
- Finding Faith
- Finding Meaning
- Redefining Ourselves
- Living with Loss
- Accepting our New Life

While these steps are pretty self-explanatory, I found the explanations helpful and meaningful. It was the author's intent to help people move through the steps of grief and not get detained at any one step along the way. In doing so, she felt a person would move to a higher level of understanding and productivity.

Along the way, quotes are used that "hit the mark", as far as the advice they convey. I found them to be uplifting and helpful. Hope Notes are also given throughout the chapter to encourage positive thinking. Both of these are tools used to encourage expression of our emotions and promote healing.

I generally don't like books that offer "steps" of grieving because I think they tend to give one the false impression that once you have reached the last step, the journey is over. We know better. The journey is a process and the steps are ones we may take over and over again, each time bringing us closer to better understanding, but never ending completely. This is not to say that these are useless tools, but rather a way to express ourselves and help us understand our feelings as they arise.

As you take those steps outside in the bright, beautiful sunshine, remember to take the necessary steps to help you heal emotionally as well. This book will help you in that journey. Exercise of any kind is strenuous and good for the heart. This holds true for those with a grieving heart as well.

Janet Todd, mother of Brian Todd, TCF Omaha

♥ Our Children Remembered ♥

In the days ahead, especially remember these children and their families...on the day of their birth and on the anniversary of their death. If your child has a birthday this month, bring a photo or memorabilia for the birthday table, and a treat to share at the meeting

BIRTHDAYS

May

5/3 CINDY HALLEY
5/4 MICHAEL PETER MULREADY
5/5 GARRETT MICHAEL THYFAULT
5/6 JEFFREY THOMAS BROWN
5/9 AMY JO (MUELLER) JOHNSON
5/10 JACOB GARREN COATES
5/11 LAUREN CHAMBERS
5/16 ASHLEY MARIE PEDERSEN
5/17 JAMES EDWARD CANNON
5/17 DAKOTA MARIE BAUER
5/21 SASHA ALAINA CORONA
5/23 AMBER NICOLE OLBERDING
5/23 ALLISON JOY KENKEL
5/24 ALEXANDER PAUL TAY

June

6/1 FRANKIE LYN ANDERSON
6/3 DANIEL LOGEMAN
6/5 BRYAN MICHAEL RYDER
6/6 AMY LYNNE DOTY
6/7 KELLY JEAN FALK
6/11 VICKI KATZ
6/13 LESTAD HINOJOSA-TATUM
6/14 NICOLE RENEE SPIEGEL WHEELER
6/18 JACK LAWRENCE MEYER
6/18 KELLY DEANN ZARESTKY
6/20 JAYME ROBERT ROSE
6/23 TERRY MCCUE
6/30 ASHLEY NICHOLE PETRATIS



ANGEL DATES

May

5/1 VIVIAN LEIGH LEMKE
5/3 STEVE W. BURHENNE
5/5 SOPHIA MIEKO HERNANDEZ
5/5 GARRETT MICHAEL THYFAULT
5/6 RICHARD PAUL DOBESH
5/16 MARCO PHILLIP RAE
5/16 MARIAH HOPE GOULD
5/16 ALAN C. WILES
5/16 TODD NEWILL
5/17 AARON MICHAEL HARTLINE VONKNORRING
5/18 MICHAEL ANDREW EPSTEIN
5/25 MICHAELA CECILIA KORIN OLSON
5/25 MICHAELA OLSON
5/29 COLTON JOSEPH PETERSON
5/30 ERIN KRYSTAL PELSTER
5/30 ROBBIE FRY
5/30 JILL KELLY BRADRICK

June

6/1 NICOLE RENEE SPIEGEL WHEELER
6/2 HEIDI ANN HIRNIAK
6/3 BRITTNIE RANEE LUDWIG
6/3 JAYDEN ANTHONY GIBSON
6/5 DAREN MICHAEL BASHOR
6/5 SHANNON LEE LLOYD
6/6 JACK LAWRENCE MEYER
6/7 MELISSA ANN DUHN
6/9 JUSTIN "IGGY" LARSEN
6/9 LAURA M. ERICKSON
6/11 KELLY DEANN ZARESTKY
6/11 JERMAINE C. LEWIS
6/11 ERIC PAUL BAUER
6/13 MARY HALLEY CHROSTOWSKI
6/16 KOLE SKARTVEDT
6/16 JIM C. FAILLA
6/17 MICHAEL ANDREW OFE
6/17 JOANNE BETTS
6/18 JOEL D. KUDYM
6/18 CAMERON WILLIAM BLACKBURN
6/20 TOMMY L. CRAFT
6/21 BRANDON LEE MURRAY
6/25 CHAD ALLEN CHASE
6/26 DIEGO CEBALLOS-KLECKNER
6/27 SARAH VOGEL GANTT



We need your authorization to list your child here. Sign & submit the form on Page 2. We are sorry if we have made an error. If you don't see your child's name, please submit the form again.